

Ham and Cheese Ploughman's

Serves 10

Ingredients	
1 large (480g) French stick	20 grapes (100g) (2 per child)
10 slices (230g) of ham	2 (150g) apples (2 slices per child)
300g mild cheese, cut into cubes	60g of mild pickle (1tsp (6g) per child)

- METHOD:
- Each plate will need:
- 2 slices of French bread
- 1 slice of ham
- 3 pieces of cheese
- 2 grapes
- 2 slices of apple
- 1 tsp of pickle
- Present the food attractively on the plate.



- ✓ COOK'S TIP: PREPARE EXTRA APPLES AND STEW WITH ANOTHER FRUIT TO MAKE A PUREE FOR WEANING DIETS
- ✓ FOR WHEAT FREE DIETS, USE RICE CAKES OR WHEAT FREE ROLLS
- ✓ FOR DIARY FREE DIETS, USE DAIRY FREE CHEESE OR HUMMUS
- ✓ FOR VEGETARIAN DIETS, USE HUMOUS AND OMIT HAM

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
299	17	12	32	1.7	2.1	1	277